Journal 4

I once again taught Physical Education 9 for my second lesson. For this unit we were on the weight training unit. This lesson went smooth because most students seemed to have some prior knowledge in weight training. This was the first time in the unit that the students learned the bent over row, triceps dips, and squat, but even with it being their first time learning them in the unit they seemed to catch on very quick. The bench press is one lift they had done before in Ms. Palmers class and did not need much instruction. I mainly used the strategy of observing the students to make sure they were doing the lifts correctly.

I explained to students while instructing the lifts which muscle groups each lift would benefit. I did this in hopes of students being able to remember how to perform them properly. I also did this so they could relate how each lift could benefit them in other areas such as sports. I explained to one students who was a basketball player how doing squats would help improve his explosiveness for basketball.

I used direct instruction to the students for how to do the lifts. Then after I taught it to them I used observation to see if they were correctly doing the lift. If they were doing it incorrectly then I would help the student with one on one instruction on how to improve their technique. This worked well because some students had a good grasp on how to do the lift after the first instruction while others needed more help. I could help the students who needed more help without holding back those that were doing it correctly. I used formative assessment for testing the students understanding and this was done through observation like previously stated.

Classroom management was once again a strategy Ms. Hayes and I used. While one of us was instructing the other would walk around making sure students were staying on task and doing the task correctly. The main concern for this lesson was the safety of the students. A student could seriously hurt themselves if the lift is not done correctly. This is why Ms. Hayes and I paid close attention to the students while they were doing the lift and quickly changing their form if they were doing it incorrectly. This worked well for us and no students hurt themselves. We also made sure that the students had a spotter while doing the bench press and squat.